



Community Walking Program



Lose Weight! Improve your Health! Feel Better!

This community walking program is designed to provide formal and informal exercise opportunities for Scottsdale citizens 50 and older.

Walk indoors or outdoors. Walk with friends, alone or at one of the scheduled walking opportunities you will be provided at the kickoff. Log your workouts—submit log at post screening. Fitness progress will be rewarded at the program closing celebration!

Program includes baseline and post-program blood pressure, heart rate and Body Mass Index screenings. You will be provided a t-shirt plus a fitness manual and pedometer for you to track your progress during this 8 week program.

Registration is FREE and EASY!

Simply call (480)312-5810 or (480)312-2375. The operator will need your name, address, telephone number and the orientation time you will be attending, either 8 or 9:30 am.

Program Dates: 7/29—9/25

- Pre-Register by: July 23, 2004
- Kickoff date: July 27, 2004
 - 8 am or 9:30 am—based on registration choice
 - Location: Scottsdale Fashion Square
 - Health Information Center
 - (Dillards wing—2nd level above Coffee Plantation)
- Post Program Screening: September 22
 - 8 or 9:30am
 - Location: Scottsdale Fashion Square
 - Health Information Center
 - (Dillards wing—2nd level above Coffee Plantation)
- Program Completion Celebration: September 29
 - Location: Scottsdale City Hall at 9am

WHAT YOU GET:

- Great Health Benefits
- T-shirts
- Pedometers
- Coordinated fitness opportunities
- Peer Support (Exercise partners)
- Educational Seminars and Information
- Other fun stuff!

For More Information Call: 480-312-5810

Sponsored by:



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